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# Finding Your Lost Inner Child English Edition

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Cleaning Up Your Mental Mess

The Inner Child Journal

The Lost Child

Going Deeper: Understanding How the Inner Child Impacts Your Sexual Addiction: The Road to Recovery Goes Through Your Childhood

Inner Child Healing

Inner Child in Dreams

It's Not Always Depression

Recovery of Your Inner Child

The Child in You

Healing Your Inner Child

Healing the Child Within

Healing Your Lost Inner Child

Into the Wild

Inner Bonding

Healing Your Lost Inner Child Workbook

Healing Your Lost Inner Child Companion Workbook

A Gift to Myself

Rosie Becomes a Warrior

After the Rain

Homecoming

Running on Empty

Reconciliation

Discovering the Inner Mother

Homecoming

The Catcher in the Rye

Silent Grief

Oracle of the Lost Children & Their Hidden Gifts  
How to Find Your Lost Child and Learn to Play Again  
Healing Your Lost Inner Child  
Red Rising  
The Inner Child Workbook  
Exaholics  
Into the Wild  
The Story of the Lost Child  
The Path to Heal Your Lost Inner Child  
How to Heal Your Inner Child  
Inner Child Healing  
Summary of Robert Jackman's Healing Your Lost Inner Child  
The Man Who Mistook His Wife For A Hat: And Other Clinical Tales  
Healing Your Inner Child and Yourself for Life

*Finding Your Lost Inner Child English  
Edition*

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guest*

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## **ZION SHYANN**

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**Cleaning Up Your Mental Mess** New Leaf Publishing Group  
Explores neurological disorders and their effects upon the minds  
and lives of those affected with an entertaining voice.  
[The Inner Child Journal](#) Harper Collins  
Gorgeous and evocative original art frames each of the 36 child  
archetypes cards in this oracle deck, enhanced with both a  
guidebook and unique archetypal wheel that offers a unique way  
to discover the mythic children who live within your own life  
story. This deck is a complement for those who are fascinated by  
esoteric and psycho-spiritual awareness, reflecting a Jungian

approach to depth, archetype and parts of self work. The oracles,  
each child offering individual voice, explores dynamic and  
individual child archetypes. Each child through the lens of she, he  
or they, holds unique energies that encompass a modern  
exploration of experience including challenges, shadow stories  
and hidden gifts. This is a new approach to archetypal exploration  
focused on child archetype and inner child work. The archetypal  
wheel is a special addition to this deck, offering a creative depth  
tool to use with your oracle deck or to explore your own stories  
and art. The authors offer a powerful companion class exploring  
the deck, through personal story and creative exploration, offered  
online through JourneyPath Institute. Each of the thirty-six Oracle  
of the Lost Children are expressed through eight archetypal  
types: Orphan, Wounded, Eternal, Magical, Nature, Wild, Divine

and Wise. In addition to the children there are cross-pollinated symbolic references held within each card, offering an added layer of intrigue. Each of the child archetypes will offer tremendous insights, many hold fascinating clues and others are aligned with mythic presence. All are excited to share their stories with you and inspire your life!

*The Lost Child* Independently Published

Are you dealing with relationship issues, poor choices, anxiety, or depression? Shadow Work is a powerful tool to help you to discover the parts of you that you've repressed, rejected, or abandoned over the years, calling them back and beginning to heal them layer upon layer working with your INNER CHILD. IN THIS SHADOW WORK JOURNAL YOU WILL: IMPROVE YOUR RELATIONSHIPS, because you'll see yourself and others more clearly BECOME MORE PATIENT AND ACCEPT OTHERS, because when you will accept your own darker parts, it's easier to accept the shadow in your family members and friends LET GO OF WOUNDS KEPT FROM CHILDHOOD, and gaining personal power and the ability to set boundaries DISCOVER MEMORIES YOU HAVE COVERED FROM YOURSELF, and start to love yourself BE HAPPY IN A WAY YOU NEVER IMAGINED! FEATURES: 99

Questions/Prompts and Exercises Premium Soft-Touch Matt Finish Cover Paperback in Multiple Cover Designs 7" x 10" Perfect Size 122 Pages Add to cart now to START YOUR HEALING JOURNEY "into the wild" world of the psyche to explore, feel, and heal. It's time to bring your Shadow Self into the light!

**Going Deeper: Understanding How the Inner Child Impacts Your Sexual Addiction: The Road to Recovery Goes Through Your Childhood** Simon and Schuster

The Path to Heal Your Lost Inner Child - Let go of the past and reclaim your life through the power of healing has been written as a guidebook for people going through the painful exercise of healing their inner child and uncovering the hidden trauma that has colored their adult life. The book is based on extensive scientific research, but is written in a friendly, easy to follow style. It offers step-by-step instructions for the work to follow with tools and exercises to help the readers through this long and difficult process. In the first few chapters, the book explains the concept of the inner child and how that concept is used in contemporary therapy to deal with a range of issues so many patients are not aware stem from their childhood trauma. It instructs the readers how to discover the triggers that show them the link between their problems and the underlying trauma, and how to deal with those triggers. The book frequently reminds readers of the gains they can expect after suffering through the journey of unveiling their childhood wounds because that journey can be extremely disturbing and painful. Bringing to light the trauma that has been hidden for so long is the only way to lift the burden of the past and finally be free to live life to the fullest. Readers are offered a range of practical tools that aim to help them become more resilient and self-confident to deal with the past. Many of those tools also offer life-long benefits, such as the need for self-care, to learn to forgive those who hurt you, how to meditate, and how to get grounded. The book is encouraging readers to trust in their ability to deal with their painful past and to uncover their true self that has been hidden under the shadow of their wounded inner child. Because once their inner child is healed, they can enjoy the best part of the childhood they never

experienced--the innocence, curiosity, thirst for learning, and ability to experience pure joy. Bonus material - Affirmations to heal your inner child

### *Inner Child Healing* Del Rey

The Story of the Lost Child is the long-awaited fourth volume in the Neapolitan novels (My Brilliant Friend, The Story of a New Name, Those Who Leave and Those Who Stay). The quartet traces the friendship between Elena and Lila, from their childhood in a poor neighbourhood in Naples, to their thirties, when both women are mothers but each has chosen a different path. Their lives are still inextricably linked, for better or worse, especially when it comes to the drama of a lost child. Elena Ferrante was born in Naples. She is the author of seven novels: The Days of Abandonment, Troubling Love, The Lost Daughter, and the quartet of Neapolitan novels: My Brilliant Friend, The Story of a New Name, Those Who Leave and Those Who Stay, and The Story of the Lost Child. Frantugmalia, a selection of interviews, letters and occasional writings by Ferrante, will be published in 2016. She is one of Italy's most acclaimed authors. Ann Goldstein has translated all of Elena Ferrante's work. She is an editor at the New Yorker and a recipient of the PEN Renato Poggioli Translation Prize. Praise for Ferrante and the Neapolitan novels '[Ferrante's] charting of the rivalries and sheer inscrutability of female friendship is raw. This is high stakes, subversive literature.' Sunday Telegraph 'Ferrante is an expert above all at the rhythm of plotting...Whether it's work, family, friends or sex--and Ferrante, perhaps thanks to her anonymity as an author, is blisteringly good on bad sex--our greatest mistakes in life aren't isolated acts; we rehearse them over and over until we get them

as badly wrong as we can.' Independent 'Great novels are intelligent far beyond the powers of any character or writer or individual reader, as are great friendships, in their way. These wonderful books sit at the heart of that mystery, with the warmth and power of both.' Harper's 'Elena Ferrante is one of the great novelists of our time. Her voice is passionate, her view sweeping and her gaze basilisk...In these bold, gorgeous, relentless novels, Ferrante traces the deep connections between the political and the domestic. This is a new version of the way we live now—one we need, one told brilliantly, by a woman.' New York Times Sunday Book Review 'When I read [the Neapolitan novels] I find that I never want to stop. I feel vexed by the obstacles—my job, or acquaintances on the subway—that threaten to keep me apart from the books. I mourn separations (a year until the next one—how?). I am propelled by a ravenous will to keep going.' New Yorker 'The best thing I've read this year, far and away...She puts most other writing at the moment in the shade. She's marvellous.' Richard Flanagan 'The Neapolitan series stands as a testament to the ability of great literature to challenge, flummox, enrage and excite as it entertains.' Sydney Morning Herald 'The depth of perception Ms. Ferrante shows about her character's conflicts and psychological states is astonishing...Her novels ring so true and are written with such empathy that they sound confessional.' Wall Street Journal 'The older you get, the harder it is to recapture the intoxicating sense of discovery that comes when you first read George Eliot, Nabokov, Tolstoy or Colette. But this year it came again when I read Elena Ferrante's remarkable Neapolitan novels.' Jane Shilling, New Statesman 'There is nothing remotely tiring or trying about the experience of reading

the Neapolitan novels, which I, and a great many others, now rank among our greatest book-related pleasures...it is writing that holds honesty dear.' Weekend Australian 'Dickens gave working people a voice. Ferrante, whoever she might be, presents a new paradigm for being female in the world...Ferrante's great literary creations, Lenu and Lila, have the same emotional weight as Anne in Persuasion, Jo in Little Women, Maggie in The Mill on the Floss, Jane in Jane Eyre.' Helen Elliott in the Monthly 'This stunning conclusion further solidifies the Neapolitan novels as Ferrante's masterpiece and guarantees that this reclusive author will remain far from obscure for years to come.' Publishers Weekly 'The Neapolitan novels are smart, thoughtful, serious literature. At the same time, they are violent, suspenseful soap operas populated with a vivid cast of scheming characters...Ferrante's novels are deeply personal and intimate, getting to the very heart of what it means to be a woman, a friend, a daughter, a mother.' Debrief Daily 'Shattering and enthralling, intimate and vicious...The Neapolitan Novels are the kind of books that swallow me whole. As soon as I pick one up, I don't want to breathe or move lest I break the spell...The Neapolitan Novels are among the most important in my reading life. I can't recommend them highly enough.' Readings 'Ferrante captures the complexities of women, friendship and motherhood in ways that make your heart soar and ache in equal measures. If you haven't already, treat yourself to this series.' ELLE Australia '[Ferrante's] Neapolitan novels contain real life - recognisable anxiety, joy, love and heartbreak. This is an incredibly difficult feat to achieve in the first place, let alone sustain, over four books. We will be talking about Elena and Lila for years to come.'

Sydney Morning Herald 'There's a bright, sinewy humanness to Ferrante's writing that is so alive it's alarming...The Story of the Lost Child is a full emotional experience, and a fitting end to a huge, arresting series.' New Zealand Listener 'I was one of the many who wept and wondered over Elena Ferrante's The Story of the Lost Child. I plan to re-read the entire series soon.' Favourite Feminist Reads from 2016, Feminist Writers Festival  
Inner Child in Dreams Bantam

Childhood suffering can inflict a tidal wave of destruction and trauma on those who have endured its fury, and many turn on themselves to fill their void. Loving your inner child enables the innermost turmoil to gradually dissipate and promote recovery. Through meditation and spiritual awakening, this little girl found herself on a journey of self-exploration. Do not abandon the lost child within you; mend their broken hearts and let their words be spoken. This assortment shares the voice of one little girl's pain and rediscovery. Read her misery, hear her cries, and watch as this little girl, who was once lost, is finally found.

It's Not Always Depression Penguin

The Inner Child Journal is a 90-day guided journal designed to heal and re-parent your Inner Child. The prompts in this journal will connect you to your Inner Child, facilitate meaningful healing, and teach you to cultivate your wise Inner Parent so that you can find peace and wholeness in your daily life. This journal can be used as a supplement to your Inner Child work in therapy, or as a means to access this healing process if therapy is inaccessible to you. Intended to be part of your morning routine, every guided entry is different and contains prompts on topics like: mindfulness, affirmations, identifying needs, dialogue between

Inner Parent and Inner Child, and letters to your Inner Child. All you need to get started is a cozy nook, your favorite pen, and a commitment to showing yourself grace, love, and compassion. WHAT'S INSIDE: Description of the Inner Child and Inner Parent Explanation of Inner Child healing, Intergenerational trauma, and Re-Parenting 90 pages of journaling with specific prompts and categories Mindfulness, affirmations, and needs identification Inner Child & Inner Parent dialogues and letters to your inner child Daily entries with specific prompts and instructions to help you dive deep 9 Categories of prompts Over 50 unique questions that are recycled daily, so no two days are the same Instructions and descriptions so you can really understand how to get started with the journaling Example of a daily journal for comprehension Intention-setting and frequent reflections so you can chart your growth Tips and tricks for if you get stuck Quotes and daily encouragement to keep you motivated This journal is infused with love and the hopes that when you open its pages you feel held, supported, and guided through the entire journey. All you have to do is begin. \*Please note this journal is not intended to be a replacement for therapy, nor is it meant to be used as a diagnostic tool.

#### Recovery of Your Inner Child CreateSpace

Do you ever find yourself yearning for the carefree joy and boundless imagination of your childhood? Do you long to silence the inner critic that whispers doubts and fears, and instead embrace the authentic, playful spirit that resides within? "Healing Your Lost Inner Child" is your key to unlocking the hidden treasures of your past and creating a future brimming with joy, self-love, and limitless possibilities. This transformative

workbook, crafted with compassion and wisdom, will guide you on a journey of self-discovery, empowering you to: Uncover the deep-rooted beliefs and emotional wounds that may be holding you back. Heal the pain of the past and reclaim your innocence, wonder, and sense of play. Cultivate self-compassion, self-love, and unshakeable self-worth. Embrace your authentic self and express your unique gifts and talents. Build healthy boundaries, fulfilling relationships, and a life that aligns with your deepest values. With insightful reflections, powerful journaling prompts, guided meditations, and creative exercises, this workbook will gently guide you towards reconnecting with your inner child and rediscovering the joy and wonder that you may have lost along the way. But that's not all! As a special gift, we've included a QR code inside the book that will unlock an exclusive guided meditation video: "Embracing Joy: A Guided Meditation to Reconnect with Your Inner Child's Playful Spirit." This immersive experience will help you visualize and connect with your inner child's joy, fostering deeper healing and self-acceptance. Don't let the past dictate your future. It's time to reclaim your power, rewrite your story, and create a life that radiates with authenticity, love, and joy. "Healing Your Lost Inner Child" is your invitation to embark on a transformative journey of self-discovery and healing. Your inner child is waiting to be rediscovered - are you ready to answer the call?

*The Child in You* Hachette UK

In *After the Rain*, celebrated self-care storyteller Alexandra Elle delivers 15 lessons on how to overcome obstacles, build confidence, and cultivate abundance. Part memoir and part guide, Elle shares stirring stories from her own remarkable

journey from self-doubt to self-love. This soulful collection is filled with illuminating reflections on loss, fear, bravery, healing, love, acceptance, and more. • Readers follow along her journey as she transforms challenging experiences—a difficult childhood, painful romantic relationships, and single parenting as a young mom—into fuel for her career as a successful entrepreneur and author driven by purpose and passion • Filled with Elle's signature candor and warmth • Includes empowering affirmations and meditations for readers to practice in their own lives After the Rain is a soulful guide to help you embrace all the beauty, love, and opportunity life has to offer. • Presented in luminous package with a foil case and gold accents • A beautiful gift for anyone on the path to self-discovery, and an uplifting reminder that there is always sunshine after the rain • Perfect for the friend who loves meditating, self-care, journaling, or seeking personal transformation and empowerment • Great for those who loved Present Over Perfect by Shauna Niequist, 100 Days to Brave by Annie F. Downs, and anything written by Brené Brown, Rupi Kaur, Rachel Hollis, and Elizabeth Gilbert

Healing Your Inner Child [بيلومانيا للنشر والتوزيع](#)

Most people don't realize how much unresolved emotional pain they carry around. They don't know why they always feel depressed, anxious, victimized, or disappointed. They wonder why they keep making the same self-sabotaging impulsive decisions. These patterns often stem from their lost inner child, which carries a false narrative that has been on repeat since childhood. The hurt emotions resulting from childhood experiences of abuse, neglect, or trauma show up in adulthood as explosive anger, isolation, bad relationship choices, negative self-

talk, feelings of being overwhelmed, being a people pleaser, and keeping others at arm's length. In *Healing Your Lost Inner Child*, Psychotherapist and Reiki master Robert Jackman takes you on a personal journey to explore unresolved wounds from your early life using the HEAL process for healing and embracing an authentic life. Through stories and exercises, this easy-to-read book will encourage you to learn how to stop giving in to your wounded inner child's emotional pain frozen inside a snow globe within you. Each chapter gently takes you closer to this original wounding so you can acknowledge and finally heal your pain. Move from being an impulsive reactor to an authentic, conscious creator in your life. The *Healing Your Lost Inner Child Companion Workbook* is also available to help you develop a deeper understanding of your relationships, codependency patterns and triggers, and create a self-nurturing plan. For more information about the author and other works please visit: [www.theartofpracticalwisdom.com](http://www.theartofpracticalwisdom.com).

*Healing the Child Within* Random House

Toxic thoughts, depression, anxiety--our mental mess is frequently aggravated by a chaotic world and sustained by an inability to manage our runaway thoughts. But we shouldn't settle into this mental mess as if it's just our new normal. There's hope and help available to us--and the road to healthier thoughts and peak happiness may actually be shorter than you think. Backed by clinical research and illustrated with compelling case studies, Dr. Caroline Leaf provides a scientifically proven five-step plan to find and eliminate the root of anxiety, depression, and intrusive thoughts in your life so you can experience dramatically improved mental and physical health. In just 21 days, you can



start to clean up your mental mess and be on the road to wholeness, peace, and happiness.

### **Healing Your Lost Inner Child** Independently Published

Unlock the Power of Healing: Discover How to Heal Your Inner Child

Are you ready to embark on a transformative journey of self-discovery and emotional freedom? Healing your inner child is not just a process—it's a profound opportunity to reconnect with your true self, overcome past traumas, and build a life full of meaningful connections. This book is your guide to understanding and embracing the wounded child within, offering practical steps and emotional support to help you break free from the chains of generational trauma and childhood emotional neglect. Why This Book is Essential for Your Healing Journey

- Overcoming Past Trauma: Learn practical techniques for overcoming past trauma that are easy to integrate into your daily life.
- Developing Emotional Intelligence: Gain insights into developing meaningful relationships and building emotional intelligence that will last a lifetime.
- Setting Healthy Boundaries: Discover how to set healthy boundaries that protect your emotional well-being without isolating yourself from others.
- Emotional Autonomy: Achieve true emotional autonomy by understanding your needs and learning to meet them independently.
- Healing the Lost Inner Child: This book offers compassionate guidance on healing your lost inner child, helping you reconnect with the parts of yourself that have been hidden away.

1. Stop Impulsive Reactions When you start healing your inner child, you'll find that those impulsive reactions that once controlled your life begin to fade away. By addressing the root causes of these reactions, you'll gain control over your emotions and make decisions that align

with your true self. ➤ Imagine the peace of mind that comes from no longer being a slave to your impulses.
- 2. Build Stronger Relationships As you heal, you'll naturally start developing meaningful relationships that are based on mutual respect and understanding. With a newfound emotional intelligence, you'll be able to connect with others on a deeper level, free from the fears and insecurities of the past. ➤ This book will show you how to foster connections that enrich your life and the lives of those around you.
- 3. Gain Emotional Autonomy One of the greatest gifts of this healing journey is the sense of emotional autonomy you'll achieve. You'll learn to rely on yourself for emotional support, breaking free from the need for external validation. ➤ This newfound independence will empower you to live a life that's true to who you are, not who you were conditioned to be.
- 4. Set and Maintain Healthy Boundaries Setting healthy boundaries is crucial for your well-being, and this book will guide you step by step in establishing them. Whether it's with family, friends, or colleagues, you'll learn how to protect your emotional space while still maintaining meaningful connections. ➤ Imagine the freedom of saying "no" without guilt and "yes" without resentment.
- 5. Overcome Generational Trauma Generational trauma can feel overwhelming, but it doesn't have to define your life. This book offers practical strategies to break the cycle and create a new legacy for yourself and future generations. ➤ You'll gain the tools to heal not just for yourself, but for your entire family line, creating a ripple effect of healing. Take the First Step Towards Emotional Freedom You don't have to be held back by the pain of the past. With this book, you'll gain the knowledge and tools you need to start healing your inner child and build a



life full of joy, connection, and emotional resilience. Don't wait—start your journey to healing today and discover the peace and happiness that come with true emotional freedom.

*Into the Wild* Black Rose Writing

A large segment of the population struggles with feelings of being detached from themselves and their loved ones. They feel flawed, and blame themselves. *Running on Empty* will help them realize that they're suffering not because of something that happened to them in childhood, but because of something that didn't happen. It's the white space in their family picture, the background rather than the foreground. This will be the first self-help book to bring this invisible force to light, educate people about it, and teach them how to overcome it.

**Inner Bonding** Health Communications, Inc.

Severing a cherished relationship is one of the most painful experiences in life—and cutting those emotional ties to a loved one can feel almost like ending an addiction. Up till now, people recovering from other problems were able to get real help—like AA and rehab—while those struggling in the aftermath of traumatic breaks dealt with platitudes and friends insisting they should "get over it already." But now Exaholics Anonymous treats getting over an ex like kicking a chemical habit. Written by counselor and therapist Dr. Lisa Bobby, Exaholics offers meaningful support and advice to anyone trapped in the obsessive pain of a broken, or dying, attachment. She helps the brokenhearted heal, showing them, on a deep level, how to develop a conceptual framework for their experience, understand the emotional processes at work inside themselves, find the path to recovery, and free themselves of shame, injured ego, and

remorse. In-depth case studies of others' journeys will illuminate the way to future happiness.

**Healing Your Lost Inner Child Workbook** Text Publishing

The road to freedom from your sexual or pornography addiction goes through your childhood. Learn how comforting your inner child can help manage your sexual addiction.

[Healing Your Lost Inner Child Companion Workbook](#) Penguin

"Do you struggle with unresolved emotional pain? Do you find yourself making self-sabotaging and impulsive decisions? If you frequently feel anxious or victimized, you may be experiencing the symptoms of a lost inner child. With "Inner Child Healing" you will learn how to get to the bottom of what's making you uncomfortable and discover who you really are. Many people suffer from severe emotional pain and are unable to acknowledge what their inner child has to say. They question why they keep making the same self-sabotaging decisions over and over again. During my tenure as a therapist, I have seen many clients struggle through this unresolved pain, stuck in a pattern of making the same bad impulsive decisions over and over again. I wrote "Inner Child Healing" to allow others to set themselves free by getting to the root of their discomfort. With this book, you will learn how to establish a self-nurturing strategy and how to better understand your relationships, codependency patterns, and triggers. Inside, you will discover how to identify and connect to your lost inner child, how to stop impulsive behavior and identify their triggers, how to break patterns of codependency, how to repair your inner child through boundary setting techniques, strategies to engage in shadow work to heal wounds, powerful writing activities that promote inner child healing, how to use

your inner child to improve emotional intelligence, 'reparenting' your inner child through affirmations and meditation, and so much more! The strategies in this book will work for you even if you feel that your behavior is beyond repair. Now is the time to transform your life from being an impulsive reactor to becoming an authentic, aware creator."--Amazon.com.

#### A Gift to Myself Chronicle Books

This is a gentle and effective workbook and guide to Healing the Child Within. It can be used with or without having already read Healing the Child Within. Using numerous experiential exercises that the reader can do at their own pace, physician and author Charles Whitfield takes us on a healing journey into our inner and outer life. Once a reader starts this book, the healing process begins -- even if they rarely do any of its exercises. One of the highlights of this book is the clear description of age regression, one of the most crucial concepts in healing and recovery.

#### *Rosie Becomes a Warrior* Union Square & Co.

The revered Zen teacher presents Buddhist meditation and mindfulness practices as tools for healing fraught relationships and difficult emotions—so we can move past childhood trauma. Based on Dharma talks by Zen Master Thich Nhat Hanh, and insights from participants in retreats for healing the inner child, this book is an exciting contribution to the growing trend of using Buddhist practices to encourage mental health and wellness. Reconciliation focuses on the theme of mindful awareness of our emotions and healing our relationships, as well as meditations and exercises to acknowledge and transform the hurt that many of us experienced as children. The book shows how anger, sadness, and fear can become joy and tranquility by learning to

breathe with, explore, meditate, and speak about our strong emotions. Reconciliation offers specific practices designed to bring healing and release for people suffering from childhood trauma. The book is written for a wide audience and accessible to people of all backgrounds and spiritual traditions.

#### **After the Rain** Morgan James Publishing

As you discovered through reading Healing Your Lost Inner Child, until we do our work to examine, understand and heal our wounded inner child, this part will continue to show up in our lives. In Healing Your Lost Inner Child Companion Workbook, Psychotherapist and author Robert Jackman builds on the extensive material in the book with expanded exercises to help you better understand your inner child, yourself and your wisdom so that you feel authentic and complete. This workbook features additional stories, examples and new concepts. You can read the Companion Workbook independently, but you will receive a deeper level of healing if you complete the exercises in the workbook as you read the book. Part One includes all the exercises from the book. You may find that by doing the exercises a second time your inner child will reveal even more wisdom to you. Part Two contains all new material and expands on the HEAL process, helping you develop a deeper understanding of your relationships, codependency patterns and triggers and create a self-nurturing plan. You are giving yourself a great gift of healing and wholeness. Understand how, when and why your inner child shows up to protect you. Develop healthy boundary skills and learn more functional tools. Heal your negative self-talk and storytelling. Explore what you are avoiding or ignoring in your relationships. Understand your circles of

connection, and how to speak your truth. Rejoin your authentic self and feel emotionally free and whole again.

Homecoming Simon and Schuster

In Homecoming John Bradshaw one of the world's leading figures in the field of psychology and recovery, explains his revolutionary techniques to reveal the inner child. He believes that the wounds we receive during childhood and adolescence can continue to contaminate our adult lives. His methods explained clearly in this book, help people to reach back to the child inside and heal those wound. Homecoming includes unique questionnaires which allow

readers to work through John Bradshaw's world-famous inner child course themselves. There are specifically designed exercises that allow you to reclaim and nurture your inner child, so that you as an adult can grow and move on. 'Three things are striking about inner child work' says John Bradshaw. 'The speed with which people change the depth of that change, and the power and creativity that can result when the wounds from the past are healed For more information on John Bradshaw please visit [www.johnbradshaw.com](http://www.johnbradshaw.com)